

A Soldier's road to citizenship

by Pfc. Paul J. Harris

3rd Heavy Brigade Combat Team

BALAD, Iraq — From John Wayne to Tom Hanks, Hollywood has projected the depiction of the American Soldier as larger-than-life on the big screen. Audiences from all over the world have seen movies and TV shows about the lives of Soldiers.

That was the dream for Spc. Mark Hall, gunner, Headquarters and Headquarters Troop, 3rd Heavy Brigade Combat Team, growing up in the islands of the Philippines. He always wanted to be an American Soldier, just like he had seen in the movies.

Hall got his wish after receiving a visa to come to the United States. It was an emotional decision that required him to leave his job as an operating room technician and leave his family behind, but it was one he said he was determined to make.

"When I got my visa in the Philippines my plan was to come over and join the Army," Hall said referring to his trip to the U.S. "I asked permission from my wife, but she didn't like the idea because she knew there was a war on. She tried to support me in my decision."

Hall arrived in San Bernardino, Calif., in November 2004 and within weeks was at the recruiter's office ready to join. After 13 weeks of combined basic training and advanced individual training at Fort Benning, Ga., Hall was sent to his first duty station, Fort Carson. Soon after settling in, he started the process of becoming a naturalized citizen.

For service members, the five year waiting period is reduced to just one year and there's no fee involved for applying to become a citizen.

Hall initially received an appointment from the Denver U.S. Customs and Immigration Service but the appointment collided with his deployment in support of Operation Iraqi Freedom.

As a gunner for the 3rd HBCT, it did not take long for Hall to experience the dangers of his job as a deployed Soldier. In mid-January while on patrol and manning the .50 caliber machine gun for his Humvee, Hall's vehicle collided with an M-1 Abrams tank. Hall luckily suffered only bruises and cuts to the face.

After the accident, Hall was given some time off to recuperate, explained his squad leader, Sgt. Michael Carlson, HHT, 3rd HBCT. Carlson said he noticed the physical wounds healing but emotionally Hall was still hurting because his friend, Cpl. Dustin Lee Kendal, the vehicle's driver, died in the accident.

Hall's appointment with USCIS had been postponed until he arrived in Iraq, but due to the accident was pushed back even further. Fortunately, an appointment opened up in April and he was flown to Forward Operating Base Speicher for his interview with officials. Hall was required to answer test questions on basic American knowledge such as "who was the first president of the United States?" He was also asked about his background and growing up in the Philippines.

It took USCIS officials only 20 minutes to approve Hall's citizenship request. Upon finding out their decision, Hall was ecstatic. "My dream became true," he said.

His dream materialized July 1 at a naturalization ceremony held at Logistical Support Area Anaconda. His stomach was filled with butterflies before the ceremony but soon turned to excitement as the ceremony began. Hall said he kept telling himself, "I am finally an American citizen" as he walked across the stage and accepted the American flag.

"It was an honor and privilege to be there when he received his certificate," said Command Sgt. Maj. David List, command sergeant major, 3rd HBCT. "These folks come from other countries and give up everything they had to come and be part of our nation. Now they are true Americans, now that flag actually means something."

Never one to pass up an opportunity to have some fun with his Soldiers, List playfully shouted at Hall from the audience as he accepted his certificate of citizenship "Hurry up Hall; we have to go on patrol!"



Photo by Staff Sgt. Monika Comeaux, 207th MPAD

Spc. Mark Hall, a gunner for Headquarters and Headquarters Troop, 3rd Heavy Brigade Combat Team, takes the oath of U.S. citizenship during a naturalization ceremony at Logistical Support Area Anaconda near Balad, Iraq. Hall is originally from the Philippines.

INSIDE THE MOUNTAINEER

Opinion/Editorial

How to talk to military families 2

News

Cooks use new kitchens 3

Military

UAVs help Soldiers 5

Military briefs 6

10th CSH major receives award 7

Soldier remembered 8

Retirees say farewell 9

Community

Be ready for lightning strikes 11

Community briefs 13

Amnesty for all 14

Rabbit fever is here 16

Go gently today 18

Chapel briefs 19

School's in session 22

Follow TRICARE rules 24

Scrapbook challenge offered 26

Feature

Adios baseball season! 20-21

Happenings

Lakeside has old-style rides 29-30

Get Out 31-32

Sports

State Games set 33

Youth hoops sweep tourney 34

Love, love 35

Coach of the week 36

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MUST SEE



Finishing up summer ball.

See Pages 20 - 21 .

Re-enlisting Soldiers' spouses may qualify for transferred GI Bill benefits

Army News Service

The Army announced July 21 a pilot program transferring to the spouses of select re-enlisting Soldiers more than \$18,000 of the GI Bill benefits.

The Army will study the results of the Montgomery GI Bill Transferability of Benefits to Spouses program with the possibility of making it a permanent part of the Army's re-enlistment policies.

"The Army continues to focus on and provide support to Soldier's families because it is the right thing to do, and because we know that we recruit Soldiers, but retain families," said Maj. Gen. Sean Byrne, director of Army Military Personnel Management.

Enlisted Soldiers who have completed at least six years of service, re-enlist for a minimum of four years, qualify for a Selective Re-enlistment

Bonus, and are entitled to a Zone B or Zone C bonus will have the option to transfer up to 18 of 36 months of their MGIB entitlement.

Soldiers can choose between a full SRB or slightly reduced SRB plus the ability to transfer more than \$18,000 in benefits.

The fiscal year 2006 basic MGIB monthly benefit for full-time training is \$1,034.

This benefit is also available but prorated for part-time enrollment. Soldiers who elected the Army College Fund as an enlistment option and/or have enrolled and paid toward the \$600 MGIB Additional Opportunity, can include their expanded benefit in the transferability program.

Editor's note: Soldiers should visit their Army Retention Career Counselor for further guidance.

What To Say to a Military Family 101

Commentary by Darcia Kunkel

Fort Carson family member

In recent days, I have been extremely discouraged by seemingly well-meaning people who are just ignorant when it comes to support of the military. Having been an Army spouse for 12 years, let me illustrate how this occurs.

"I am in total support of our military and Soldiers, *but* ... and therein lies the rub. Why can't anyone leave well enough alone? I've heard this from total strangers, co-workers, friends and yes, even relatives.

The *but* is usually followed by a myriad of political insight, most of which has been attained through sound bytes off CNN.

Here's a newsflash for you ... when you say "*but* I don't agree with how we got there, what we are doing or why we are there" you have just negated your support and the mission of every Soldier out there.

Another angle to avoid is the "semi-sympathy" jargon. Most of the spouses and Soldiers I've talked to really don't want to hear "I feel so sorry for you and your children. How do you do it? It is awful that you have to go through this. It's such a mess over there." This again ... belittles the support, no matter how well-intended.

Nothing exasperates a military family more than political opinions and goey sympathy spewed from "behind the lines" citizens (and relatives) — many who have never set foot on a military base or been in a war zone. Most of their great insight comes from so-called firsthand truths which are absorbed through television sets, national magazines or newspapers.

Of course the reporters for these entities obviously have Zen-like omnipresent knowledge on the subject ... even though most sit in the "green

zones" of war-torn areas and pick up bits of information, often second or third hand. Don't take it that I am against reporters, as I myself majored in journalism and public relations, but I am appalled at the misinformation and negative stories out there.

I can't begin to count the number of times errors in the details of units, troop movements, battles, deaths, deployment orders and Soldier names have been reported (not to mention the number of times it has aided the enemy).

All that aside, what should you say to a family member of a deployed Soldier ... or any Soldier for that matter?

Start by saying thank you. Thank you for the sacrifices you and your family make every day for our nation. Thank you for your efforts in other countries on behalf of people you don't even know, so that they may one day enjoy the freedoms we so easily take for granted.

You should be proud to be part of such a pivotal chapter in history, and for actually trying to make a difference in this world. Thank you for standing firm, holding the line, defending the peace and protecting those who cannot protect themselves ... for these are honorable actions.

Next I suggest this: say "thank you" with more than just words. Here are some ways:

- Just listen — offer no opinion — just listen.
- Ask Soldiers or family members about their specific military occupational specialty (job in the military).
- Offer to watch a weary spouse's children so he/she can have an overnight getaway with their Soldier on R&R.
- Google and find one of the many military support Web sites.
- Forego that Vegas vacation, and visit a relative or friend whose spouse is deployed.
- Help a family readiness group send

packages to Soldiers.

- Visit a military hospital or Fisher House.
- Come to a welcome home ceremony on a military base — there is nothing like it.
- Find out what Soldiers need and miss from home, and then send it.
- Donate to or volunteer at the United Services Organization.
- Write a Soldier or family member a letter, card or e-mail — that means you relatives, too!
- Respect a military funeral.
- Pay for a Soldier's lunch anonymously.
- Donate frequent flyer miles.
- Fly your flag ... or at least learn what each item represents, how to fly it and when to stand up as it passes.
- Actually sing the national anthem.
- Educate yourself on what Soldiers are actually doing, and investigate the history of the region they are fighting in.

• Subscribe or logon to the Army Times, a military post newspaper or another military publication, and read the positive stories and missions.

It is difficult to understand the heart of a Soldier. You may wonder why a Soldier would want to go to a war, or why those wounded want to go back. Ask them. They will fill you in on the real stories, and give you a whole new perspective on the progresses made and "why we are there."

As for the families ... we do not ask for sympathy, for we are proud of our life and our Soldiers. We live it 24 hours a day, seven days a week.

All we ask is that you save your political rhetoric for the political arena. History and the Almighty shall be the judge of present actions. Just give us your genuine support, love and a smile.

Give thanks to those who defend democracy — for they bear the gift of liberty and pay the price of freedom.

Send your letters to the editor or commentaries to Mountaineereditor@carson.army.mil.

POST TALK: What do you do to support Soldiers and families?



"I make sure that every Soldier is very well informed about what they need to do at SRP."

Lushanda Leverette
Department of the Army civilian



"I am sympathetic to deployment problems ... I try to help cut down the time Soldiers have to spend here (Soldier Readiness Processing)."

Kirk Sunglieng
DAC



"I have a program that makes a postcard, with patriotic sayings, that are automatically sent to a deployed Soldier."

Melissa Hensz
DAC

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NEWS

Cooks put new mobile kitchen to test

Story and photo by Sgt. 1st Class
Derrick A. Witherspoon

Army News Service

NOVO SELO, Bulgaria — Coming together to support Immediate Response 2006, Army Reserve Soldiers from the 7th Army Reserve Command received the opportunity to put their cooking skills to the test on the Army's new Containerized Kitchen.

Army Reserve Soldiers from the 464th and 454th Replacement Companies provided American, Bulgarian, and Romanian Soldiers, along with civilian personnel, with essential food support at Novo Selo Training Area during Immediate Response 2006 in July. The food-service specialists used the new Containerized Kitchen to provide the Soldiers and civilians with two hot meals and one Meal Ready to Eat each day of the exercise. For many Soldiers, this was their first time working in the Containerized Kitchen.

"What the Army Reserve Soldiers were working on is the new Containerized Kitchen, which has replaced the Mobile Kitchen Trailer," said Staff Sgt. Deundra L. Germany, an active duty food specialist assigned to assist the Army Reserve Soldiers. "It has air conditioning in it so the cooks don't get too hot. It also has a refrigeration unit, an oven and a lot

more space for the cooks and customers to move around."

Germany, who is a member of the 1st Armored Division Support Command, said the old MKT only allowed food service specialists to serve about 300 people, but the Containerized Kitchen allows them to serve about 750 people.

Spc. Terrell K.

Morris, a food service specialist with the 454th Replacement Company, said this was his first time working with the Containerized Kitchen.

"I'm used to working in the old MKT," said Morris. "I actually like the old MKT better because everything in the new Containerized Kitchen is so technical and every time something breaks you have to send it back to the factory. With the old burners, if they made a noise you pretty much knew what it was and could fix it right away. I'm kind of stuck in the old days a little bit."

Morris said although it's taking him a little



Personnel supporting Immediate Response 2006 wait in line to get served food from the Army's new Containerized Kitchen at Novo Selo Training Area.

time to get accustomed to the new Containerized Kitchen, he still thinks it's a good kitchen to work out from.

The Army Reserve Soldiers served approximately 800 American, Bulgarian, Romanian and civilian personnel from the Containerized Kitchen at Novo Selo Training Area.

"We provided them with one hot meal in the morning, an MRE for lunch and one hot meal in the afternoon," said Sgt. 1st Class John C. Smalls,

Cooks

From Page 3

noncommissioned officer in charge of the dining facility.

Smalls, who is also a member of the 464th Replacement Company, said the hours of operation in the Containerized Kitchen made their days supporting Immediate Response quite long.

"We sometimes came in about 3 a.m. and we usually ended the day around 9 p.m. and then we were back up to do it all again the next day," said Smalls. "But, we didn't mind. Our main goal was to make sure the Soldiers were fed. If they were happy, then we knew we were doing a good job."

Lt. Col. Thomas A. Ball, commander of the 309th Rear Area Operations Center, said the food he received from the Army Reserve Soldiers was some of the best he's had in the field in 25 years.

"I started out 25 years ago under a shelter half for about the first 18 months I was in the Army," said Ball.

"High-speed chow was taking C-Rations and warming them on the exhaust manifold. I've

had all types of food in the field, but I've never had food this good. This was world-class chow."

Sgt. Clyde S. Shipp of Charlie Company, 123rd Main Support Battalion, out of Dexheim, Germany, said he also enjoyed the food served from the Containerized Kitchen.

"The food was great," said Shipp. "The cooks were greatly appreciated here. They came out and they busted their humps getting this food prepared for us. Sometimes Soldiers don't appreciate the job the cooks do, but they don't realize the hard work they put into coming to another country and giving us a taste of America."

"The food was good, but you know, we're not so familiar with the taste of American food," said Maj. Kuncho Stoichev, chief inspector of the Bulgarian Military Police.

"We have slightly different tastes in food because of the way we prepare our food, but if you are a soldier and need something to eat, this is a great place to get it. Everything was good."

Germany said he was impressed with the overall job performed by the Army Reserve Soldiers.

"This is my first time working with the Army

Reserve and I'm glad I had the opportunity to work with them," said Germany.

"Not only did they do a great job setting up and operating the new Containerized Kitchen, but they also worked really well as a team to accomplish the mission."

Smalls said he wants his Soldiers to take what they have learned during Immediate Response 2006 and pass it along to the other Soldiers in their units.

"My Soldiers did a really good job," said Smalls. "We're all from different units, but we're all one big family here. Reserve and active, there's no difference."

"We all wear the same uniform and we came here to support, train and gain knowledge and take it all back."

Wrapping up their time at Novo Selo Training Area, the food service specialists said they enjoyed the opportunity to share some camaraderie with the Bulgarian and Romanian Soldiers.

They added that most of all they enjoyed the opportunity to get some hands on training with the new Containerized Kitchen.

MILITARY

UAVs help save Soldiers' lives

by **Sgt. Amanda Ponn**

114th Mobile Public Affairs Detachment

FORT IRWIN, Calif. — Soldiers of the Unmanned Aerial Vehicle platoon, B Company, Special Troops Battalion, 2nd Brigade Combat Team, convoyed beyond the “wire” to set up for the launch of their UAV at the National Training Center in Fort Irwin, Calif., last week.

Sgt. 1st Class James A. Render and his 22 Soldiers are training during this rotation to prepare the unit's new Soldiers for their upcoming deployment to Iraq, while simultaneously demonstrating B Co's unique capabilities of support for the 2nd BCT.

Reconnaissance, over-watch and target-tracking missions were a part of the more than 3,000 flying hours the team accomplished during their 2004-2005 deployment to Iraq.

“UAV platoon improves combat effectiveness without risking the lives of pilots or ground troops,” said Render. “Supporting brigade in training combat operations is the chief focus of the UAV platoon at NTC. The aircraft operators and maintainers will execute over-watch missions requested by commanders.”

Render explained that the UAV is a tool to give commanders an eye on view of the troops and a

platform for gathering intelligence. With a wingspan of approximately 13 feet, the UAV is commonly referred to as “the bird.”

Sgt. Christopher F. Varco joked that “The Iraqi insurgents refer to it as ‘the bug’ because they can hear it buzzing but can’t see it flying overhead.”

Varco is an Operation Iraqi Freedom veteran who has been piloting UAVs for four years. “Watching a monitor for four hours (at a time) burns you out,” he said and added that the long hours are worth it because his missions provide security for vulnerable ground troops. “I definitely believe that we are saving lives there,” he said.

Sgt. Steven Cambouris is an electronic warfare interception systems maintainer and integrator. He is responsible for performing a preflight checklist of equipment inspections, functions verification and launching the UAV. Cambouris explained that pilots operate the bird at around 5,000 feet, from as far as 50 kilometers away. From here they can watch real-time video footage of enemies and military targets.

As the platoon sets up the runway on desert ground as dry as plaster, Render explained the



Sgt. Christopher Varco, a veteran Unmanned Aerial Vehicle pilot, inspects the fuel level as part of a preflight checklist.

Military briefs

Miscellaneous

Casualty training — Fort Carson hosts casualty training Aug. 22-25 from 8:30 a.m.-4:30 p.m. in bldg 1117, the Mountain Post Training and Education Center, room 202B. This training is mandatory for those assuming casualty assistance officer and casualty notification officer positions. For more information call 526-5613/5614 or e-mail casualty_gl@carson.army.mil.

Notice from the PMO — In an effort to increase installation security, locks at Fort Carson access control points have been replaced. Anyone requiring access to the installation through locked access control points will need to contact the Provost Marshal's Office operations section at 526-2053. Keys will be issued on a case-by-case basis. This process includes contractors requiring down-range access to the installation.

FLEP — The Office of the Judge Advocate General is now accepting applications for the Army's Funded Legal Education Program. Under this program, the Army projects sending up to 15 active-duty commissioned officers to law school at government expense. Selected officers will attend law school beginning fall 2007 and will remain on active duty while attending school.

Interested officers should review Chapter 14, Army Regulation 27-1 to determine eligibility. This program is open to commissioned officers in the rank of second lieutenant through captain. Applicants must have at least two but not more than six years of total active federal service at the time legal training begins.

Eligible officers interested in applying should register for the earliest offering of the Law School Admission Test. Applicants must send their requests through command channels to include the officer's branch manager at Human Resources Command with a copy furnished to Office of the Judge Advocate General, Attention: DAJA-PT (Yvonne Caron), 1777 N. Kent St., Rosslyn, VA 22209-2194. Applications must be received by Nov. 1. Submission well in advance of the deadline is advised. For details call the Fort Carson OSJA at 526-5361.

Warrant officers sought — A board for warrant officer selection will be held in September. The following warrant officer military occupational specialties are in critical demand: 215D Geospatial Information Technician (21U and 21S); 311A Criminal Investigation Division Special Agent (31D); 350Z Attache Technician (all MOSs with special identifier 7); 351L Counterintelligence Technician (97B); 351M Human Intelligence Collection Technician (97E); 352P Voice Intercept Technician Korean (98G); 352S Non-Morse Intercept Technician (98K); 880A Marine Deck Officer (88K); 890A Ammunition Technician (89B and 89D); 913A Armament Repair Technician (45B, 45G and 45K); 914A Allied Trades Technician (44B and 44E); and 921A Airdrop Systems Technician (92R).

The Warrant Officer Career Center is also giving credit for the Basic Noncommissioned Officer's Course, Advanced Noncommissioned Officer's Course and Primary Leadership Development Course towards the Warrant Officer's Candidate School. Instead of six weeks and four days of training, the class will last four weeks and four days. For details on becoming a warrant officer, visit the Web site at www.usarec.army.mil/warrant or e-mail wo-team@usarec.army.mil.

CFC training schedule — The Fort Carson Combined Federal Campaign will kickoff Sept. 28 at the Special Events Center. All major subordinate commands, directorates, activities, small functions and independent agencies appoint a keyworker for every 25 individuals assigned to facilitate a successful campaign. Each assigned project officer and keyworker will attend a minimum of one training

session. Each session lasts no more than 75 minutes.

Project officers training sessions will be Wednesday from 9-10:30 a.m. and 11 a.m.-12:30 p.m. at the Elkhorn Conference Center. Keyworkers training will be Sept. 13 from 9-10:30 a.m., 11 a.m.-12:30 p.m. and 2-3:30 p.m. at the Elkhorn Conference Center. Agencies should forward the name, rank and telephone numbers of project officers and keyworkers to the Fort Carson Directorate of Morale, Welfare and Recreation Campaign Office, attention: Master Sgt. Lisa Belsher, bldg 1217, room 203. Call 526-0423 or fax 526-4691.

Environmental Health training — The Environmental Health section of Preventive Medicine offers heat category monitoring training, food service sanitation training and classes on heat and cold weather injuries, sexually transmitted diseases, hearing conservation and medical threat briefings. For more information on these classes call 526-7922 or 524-2238.

DPW services — The Directorate of Public Works is responsible for a wide variety of services on Fort Carson. Services range from repair and maintenance of facilities to equipping units with a sweeper, and cleaning motor pools. Listed below are phone numbers and points of contact for services:

- Facility repair/service orders — KIRA service order desk at 526-5345. Use this number for emergencies or routine tasks.

- Refuse/trash — Call Virgil Redding at 526-6676 when needing trash containers, trash is overflowing or emergency service is required.

- Facility custodial services — Call Larry Haack at 526-6669 for service needs or to report complaints.

- Elevator maintenance — Call Larry Haack at 526-6669.

- Motor pool sludge removal/disposal — Call Kandy Clark at 526-9243.

- Repair and utility/self-help — Call Gary Grant at 526-5844. Use this number to obtain self-help tools and equipment or a motorized sweeper.

- Base operations contract COR — Call Terry Hagen at 526-9262 for reporting wind damage, snow removal concerns, damaged traffic signs or other facility damage.

- Portable latrines — Call Fred Buckner at 526-6676 to request latrines, for service or to report damaged or overturned latrines.

CIF Hours

Regular business hours

The Central Issue Facility has changed its operating hours. The CIF is no longer open to Soldiers on Fridays. Soldiers may make appointments by calling 526-3321. Listed below are the new operating hours.

Inprocessing

Monday-Thursday from 7:30-10:30 a.m.

Initial issues

Monday-Thursday from 12:30-3 p.m.

Partial issues

Monday-Thursday from 12:30-3 p.m.

Cash sales/report of survey

Monday-Thursday from 7:30 a.m.-3 p.m.

Direct exchange

Monday-Thursday from 12:30-3 p.m.

Partial turn-ins

Monday-Thursday from 12:30-3 p.m.

Full turn-ins

Monday-Thursday 7:30-10:30 a.m.

Unit issues and turn-ins

Call 526-5512/6477 for approval.

Hours of operation

Education Center hours of operation — The Mountain Post Training and Education Center's hours are as follows:

- **Counselor Support Center** — Monday through Thursday, 7:30 a.m.-4:30 p.m. and Friday, 11 a.m.-4:30 p.m.

- **Army Learning Center and Basic Skills Classes** — Monday through Thursday, 9 a.m.-noon, closed training holidays.

- **Defense Activity for Nontraditional Education Support and Advanced Personnel Testing** — Monday through Friday, 7:30-11:30 a.m. and 12:15-4:15 p.m., closed training holidays.

- **Basic Skills Education Program/Functional Academic Skills Training** — Monday through Thursday, 1-4 p.m., closed training holidays.

- **eArmyU Testing** — Monday-Friday, 12:15-4:15 p.m., closed training holidays.

- **Military Occupational Specialty Library** — Monday through Friday, 10 a.m.-2 p.m., closed training holidays.

Legal Assistance hours — Operating hours for the Legal Assistance Office are Monday-Thursday from 9 a.m.-5 p.m. and Friday from 9-11:30 a.m. and 1-4 p.m.

Claims Division hours — The Claims Division office hours are Monday through Thursday from 9 a.m.-5 p.m., Friday from 8 a.m.-1 p.m. and closed federal and training holidays. To make a claim, Soldiers must attend a mandatory briefing which is given Mondays and Wednesdays at 10 a.m. and 2 p.m. At the briefing, Soldiers must submit a Department of Defense Form 1840/1840R. Submit completed claims Tuesdays and Thursdays.

DFAC hours — Fort Carson dining facilities operate under the following hours:

Wolf Inn — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6:30 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

Butts Army Airfield — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6:30 p.m. (dinner). This DFAC is closed weekends.

Patton Inn — Monday-Friday 7:30-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 5-7 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

10th SFG — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6 p.m. (dinner). This DFAC is closed weekends.

Briefings

Special Forces briefings — will be held Wednesdays at bldg 1217, room 305, from 10-11 a.m., noon-1 p.m. and 5-6 p.m. Soldiers must be E4-E6 from any military occupational specialty; have a general technical score of at least 100; be a U.S. citizen; score 229 or higher on the Army Physical Fitness Test; and pass a Special Forces physical. Call 524-1461 or visit the Web site at www.bragg.army.mil/sorb.

ACAP briefing — The Army Career and Alumni Program preseparation briefing is required for all departing service members. Current ACAP policy requires personnel ending time in service to register one year out and retirees two years out. ACAP preseparation briefings are held Monday-Friday from 7:30-9 a.m. Attendees should report to ACAP by 7:15 a.m., bldg 1118, room 133. Call 526-1002 to schedule the briefing.

ETS briefing — ETS briefings for enlisted personnel will be held the first and third Tuesday of each month until further notice. Briefing sign-in begins at 7 a.m. at bldg 1042, room 310. Briefings will be given on a first-come, first-served basis. Soldiers must be within 120 days of their ETS but must attend the briefing no later than 30 days prior to their ETS or start date of transition leave. Call 526-2240 for more information.

UAV

From Page 5

sequence of events for training and real-world missions: "We receive the mission, UAV systems are go, and the crew chief presses the launch button to catapult the aircraft into a mission that can last from 4-6 hours. Next, a pilot takes control of the aircraft's operations from a shelter on a vehicle nearby the launch/recovery site," he said.

The unit is performing reconnaissance for a convoy of units traveling into the box for the first time. The UAV platoon handed out remote video terminals to the units it supports.

These RVTs allow units to witness what the UAV pilots are seeing and then coordinate movements with each other. Sandstorms, rain, extreme heat and air traffic can affect the unit's training and real-world missions and are important during operation planning.

Become a unit stringer. Mountaineer staff will train you how to submit articles and photos of your unit. Call 526-4144.

10th CSH officer receives leadership award

10th Combat Support Hospital

Maj. Douglas K. Lomshek, S1, Medical Task Force 10, 10th Combat Support Hospital, was selected for the 2006 Karen Wagner Leadership Award.

The Karen Wagner Leadership Award was established in 2004 to honor Lt. Col. Karen Wagner, a Medical Service Corps health services human resources officer who was killed on Sept. 11, 2001, while performing duties at the Pentagon. The award is presented annually to recognize outstanding Medical Service Corps human resource officers who have demonstrated the characteristics of professionalism, integrity, competence and leadership.

The program is designed to recognize HR officers from both the Active and Reserve Components.

Selection is based upon the overall leadership and performance of the officer during the calendar year of consideration. Among the

factors that are considered are: leadership performance, technical competence, commitment to Army values and customer service qualities demonstrated above and beyond expectations.

Each recipient receives a memorandum of commendation from the chief of the Medical Service Corps and a framed Phoenix Medallion in recognition of their excellence.

Award recipients were formally recognized at the annual AUSA Medical Symposium, July 17-21. Lomshek was unable to attend due to his current deployment in support of Operation Iraqi Freedom.

Lomshek has been assigned to the 10th CSH as the S1 since August 2004 and is scheduled to



Lomshek

be assigned to Human Resources Command next summer as a branch manager.



Photos by Karen Linne

Untimely loss

Above: A shadow box containing the awards and decorations of Spc. Kelon Jones, 20, is on display at Soldiers' Memorial Chapel during his memorial service July 27. Jones, a machinist assigned to the 183rd Maintenance Company, was killed in a motorcycle accident July 17 in Colorado Springs. He is survived by his mother and father of Marshall, Texas.

Left: Spc. Gay Oland, 183rd Maintenance Company, serves as the bugler at Jones' memorial service. Taps is played outside Soldiers' Memorial Chapel following a 21-gun salute.

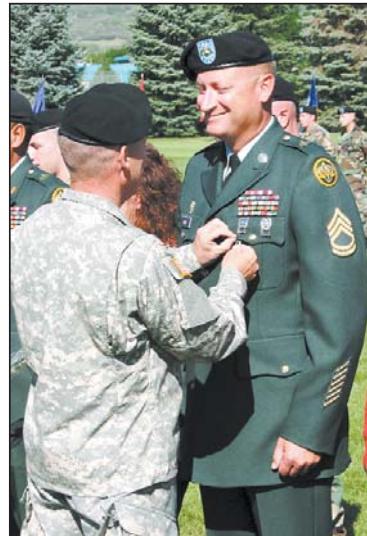


Photos by Sgt. Clint Stein

A sweet farewell

Above: Spc. Justin McCormick of Harmony in Motion serenades 15 retirees during the July retirement ceremony at Manhart Field July 26. Combined, the 15 retirees had 300 years in service, eight Bronze Stars, one Purple Heart and 92 permanent change of station moves.

Right: Sgt. 1st Class Ronney King, 3rd Armored Cavalry Regiment, is pinned with a Meritorious Service Medal by Col. David Saffold, deputy commander of support, 7th Infantry Division.



COMMUNITY

Lightning Strikes

by Sgt. Clint Stein
Mountaineer staff

It may be beautiful and majestic at times, but during the summer months, it is also one of the nation's deadliest weather phenomena — lightning.

So far this year in Colorado there have been four deaths and 10 injuries as the result of lightning.

Two weeks ago, Woodland Park teenager, Andrew Yarger, was killed by lightning while playing soccer. Thirty minutes later a Colorado Springs resident was struck by lightning while coaching a little league baseball game in Fremont Park about 20 miles away.

Between 1980 and 2005, lightning killed 75 people in Colorado and injured more than 350. Colorado ranked third in the nation in lightning deaths between 1990 and 2003, behind Florida and Texas, according to the National Lightning Safety Institute. El Paso County was the most dangerous county in Colorado for lightning strikes last year.

The lightning death toll in 2005 in the United States was 43 and 172 injuries confirmed as the result of lightning.

In the United States, there are an estimated 25 million lightning flashes each year. During the past 30 years, lightning killed an average of 66 people nationwide. This is more than the average of 65 deaths per year caused by tornadoes. Yet because lightning usually claims only one or two victims at a time and does not cause any mass destruction of property, it is often underrated as a risk.

"Most people think lightning could never strike them because the odds are so great, but the odds aren't that great," said Air Force Capt. Matt Welch, 13th Air Support Operations Squadron, weather commander. "If people knew how dangerous lightning really was, they may be more careful during a thunderstorm."

To help understand how dangerous lightning can be, it may be helpful to understand how lightning and thunder storms are created. Thunderstorms are most likely to develop on spring or summer days but can occur year-round. As the sun heats the air, pockets of warmer air start to rise and cumulus clouds form. Continued heating can cause these clouds to grow vertically into towering cumulus clouds, often the first sign of a developing thunderstorm.

Ice in a cloud may be the key element in the development of lightning. Storms that fail to produce quantities of ice may also fail to produce lightning. In a storm, the ice particles vary in size from small ice crystals to larger hailstones, but in the rising and sinking motions within the storm there are a lot of collisions between the particles. This causes a separation of electrical charges. Positively charged ice crystals rise to the top of the thunderstorm, and negatively charged ice particles and hailstones drop to the middle and lower parts of the storm, resulting in enormous electrical charge differences.

A moving thunderstorm gathers another pool of positively charged particles along the ground that travels with the storm. As the differences in charges continue to increase, positively charged particles rise up taller objects such as trees, houses and telephone poles.

If you have ever been under a storm and had

your hair stand up, it was because the particles were moving up your body. This is one of nature's warning signs telling you you are in the wrong place, and you may be a lightning target, said Welch. "If you feel that, you need to drop to the ground, quick."

The negatively-charged area in the storm will send out a charge toward the ground called a stepped leader. It is invisible to the human eye, and moves in steps in less than a second toward the ground. When it gets close to the ground, it is attracted by all these positively charged objects, and a channel develops. The result is an electrical transfer that is seen in this channel as lightning. There may be several return strokes of electricity within the established channel that can be seen as flickering lightning.

The lightning channel heats rapidly to 50,000 degrees. The rapid expansion of heated air causes the thunder. Since light travels faster than sound in the atmosphere, the sound will be heard after the lightning. If you see lightning and hear thunder at the same time, it means the lightning is very close.

Not all lightning forms in the negatively charged area low in the thunderstorm cloud. Some lightning originates in the cirrus anvil at the top of the thunderstorm. This area carries a large positive charge. Lightning from this area is called positive lightning. This type is particularly dangerous for several reasons. It frequently strikes away from the rain core, either ahead or behind the thunderstorm. It can strike as far as 10 miles from the storm, in areas that most people may not consider to be a lightning risk area.

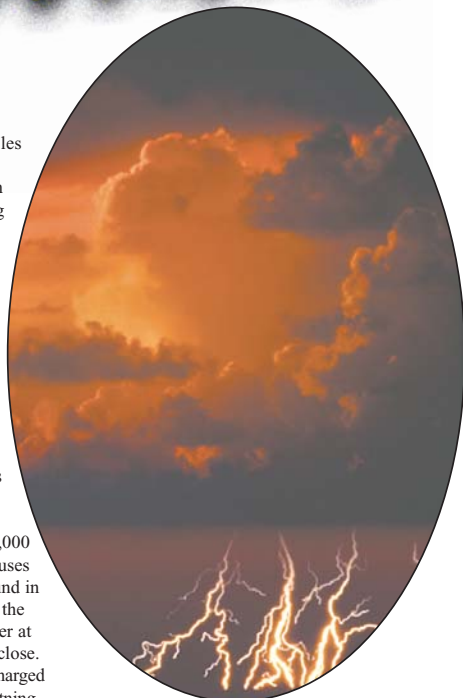
The other feature to positive lightning is it typically has a longer duration, so fires are more easily ignited. Positive lightning usually carries a high-peak electrical current, which increases the lightning risk to an individual.

Since lightning can strike as far as 10 miles from an area where it is raining, being struck when not directly in a storm is still possible. Ten miles is about the distance you can hear thunder. If you can hear thunder, you are within striking distance.

Using the 30-30 rule when visibility is good and there is nothing obstructing your view of the thunderstorm is a sound guideline. When you see lightning, count the seconds until you hear thunder. If that time is 30 seconds or less, the thunderstorm is within six miles and is dangerous. Seek shelter immediately.

The threat of lightning continues for much longer than most people realize. Wait at least 30 minutes after the last clap of thunder before leaving the shelter. Don't be fooled by sunshine or blue sky. It is always safer to take precautions and wait.

Another precaution to take in minimizing one's risk of being struck is having a safe plan of action during outdoor activities, especially during the summer. Most lightning deaths and injuries occur in the summer. Where organized outdoor sports or training activities take place, commanders, coaches, camp counselors and other adults must stop activities at the first roar of thunder to ensure everyone has time to get to a large building or enclosed vehicle. Leaders of outdoors events should have a written



plan that all staff members are aware of and enforce.

Although lightning may seem like an outdoor threat, it can also affect people indoors as well if they don't take proper precautions. While inside buildings, stay off corded phones, computers and other electrical equipment that put you in direct contact with electricity, including plumbing. Electrical currents can travel through the plumbing system of a building, said Welch.

"There have been people struck by lightning while taking showers," he said.

Buy ground fault protectors for key equipment such as computers or other electronics. Follow the 30-30 rule and stop any electrical activities at the first clap of thunder and wait 30 minutes until after the last thunder strike to continue.

The odds of being struck by lightning in a given year are one in 700,000. The odds of being struck in a lifetime are one in 5,000.

If a person is struck by lightning, other than being immediately killed, there can be a multitude of physical and mental effects. People struck by lightning suffer from a variety of long-term, debilitating symptoms, including memory loss, attention deficit, sleep disorders, numbness, dizziness, stiffness in joints, irritability, fatigue, weakness, muscle spasms, depression and an inability to sit for long periods of time.

If a person is struck by lightning, call 911 and get medical care immediately. Cardiac arrest and irregularities, burns and nerve damage are common in cases where people are struck by lightning. However, with proper treatment, including CPR if necessary, most victims survive a lightning strike. A would-be rescuer is not in danger helping a lightning victim. The charge will not affect him or her, because the charge will have left the body in completing the circuit.

Editor's note: Information used in this article was taken from the National Weather Service Web site.

Community briefs

Miscellaneous

"Heroes to Hometowns" launched — The tradition of veterans helping veterans was extended to a whole new generation of American warriors and their families July 26 with a signing of a memorandum of understanding between the American Legion and the Department of Defense formalizing the "Heroes to Hometowns" program.

The MOU establishes a partnership between the American Legion National Headquarters and the Office of the Deputy Under Secretary of Defense (Military Community and Family Policy).

The program will set up a support network and coordinate resources before severely injured service members return home. Child care, temporary housing, errand-running, adapting homes or vehicles, spiritual support, government claims assistance and financial aid are just some of what the Legion posts will provide. The American Legion has nearly 15,000 posts around the world.

DOL closures — Due to funding constraints, the following Directorate of Logistics facilities will be closed each Friday through Sept. 30:

- Supply — Storage Activity (bldgs 330, 8000 and vehicle storage); Installation Property Book Office (bldg 330 and 20000); Central Issue Facility, a skeleton crew is available on Friday for individual Soldier emergencies only; Ammunition Supply Point and Ammunition Handling Area, no appointments for turn in or issues will be made on Fridays.

- Transportation — Inbound and Outbound Freight (bldg 330); Central Receiving/Shipping Point (bldg 330); Federal Express shipments (bldg 330); Packing, crating, blocking, bracing and tie-down function (bldg 330); contingency warehouse (bldg 520); hub and spoke operation, deliveries will continue to be made by truck Monday-Thursday.

- Maintenance — The Maintenance Division's PP&C Office will be minimally staffed on Fridays. For more information call 526-3619.

Prevention of hantavirus urged — The recent death of a man camping in El Paso county is a reminder of the threat hantavirus poses to the region's residents. Hantavirus is a serious viral illness caused when people breathe in the dried urine, feces or saliva of infected deer mice. Deer mice and hantavirus are common in El Paso county. Some steps to avoid coming into contact with the virus include:

- Rodent-proof homes and buildings to keep mice out.
- Eliminate rodent food supplies and hiding places.
- When cleaning rodent-infested structures use special precautions such as airing out rodent-infested buildings or areas at least 30 minutes before cleaning.
- Do not sweep or dry vacuum rodent contaminated surfaces.
- Use a solution of household bleach (one cup per gallon of water) to disinfect area. Wear disposable gloves and mask when cleaning.
- When camping or sleeping outdoors, avoid sleeping near rodent droppings or burrows. Sleep in tents with floors, above ground or on a ground cloth.

For more information visit the Web site at www.elpasocountyhealth.org or call 578-3199.

Vehicle Registration closure — The Vehicle Registration Office, located near Gate 1, will be closed Thursday from 11:30 a.m.-1:30 p.m.

POW memorial — The Rocky Mountain Chapter of the American Ex-Prisoners of War is planning a POW memorial to be placed in the Circle of Honor at Memorial Park in Colorado Springs. Donations are being sought to fund the project. For

more information call Lester L. Stroup at 596-3171.

Remembrance-reunion event — First Air Force, Air Forces Northern and the Continental U.S. North American Aerospace Defense Region 9-11 Remembrance-Reunion is set for Sept. 9 and 10 at Tyndall Air Force Base, Fla. The event includes a wreath-laying ceremony, Combined Air Operations Center/F-22 tour and mission briefing, remembrance-reunion dinner and a religious service.

This event will commemorate those who served on Sept. 11, 2001, and also recognizes service members who continue to defend the nation through Operation Noble Eagle. For more information visit the Web site at www.1staf.af.mil/911/index.htm or call (850) 283-8659.

Athletic physicals at CMS — Athletic physicals will be held at Carson Middle School gymnasium Aug. 10 beginning at 3:30 p.m. Bring \$15 in cash, no checks will be accepted.

Head Start now enrolling — Community Partnership for Child Development is currently enrolling children and families for its free preschool and infant/toddler programs including Head Start and Early Head Start. Families with children under 5 including expectant parents who live in El Paso County are eligible to enroll.

Children with special needs are welcome and receive therapy services as part of daily curriculum. Families must qualify to enroll; however, income is not a limiting factor for all programs.

Call 635-1536 for information or visit www.cpcdcheadstart.org.

Free outdoor climbing wall experience — The Outdoor Recreation Complex allows users to climb the outdoor climbing wall free each Wednesday through Aug. 16 from 5-8 p.m. All children must be accompanied by an adult.

The Outdoor Recreation Complex is located at bldg 2429, Specker Avenue. Call 526-5176 for details.

Fort Carson Restoration Advisory Board — Fort Carson invites the public to learn about environmental restoration projects on post at quarterly restoration advisory board meetings. The RAB meetings offer informative presentations on a variety of ongoing site cleanup projects. Fort Carson is committed to proactive environmental stewardship and needs your input.

The next meeting is Thursday at 6:30 p.m. at the Elkhorn Conference Center, bldg 7300.

For more information on the RAB or to find out about access to Fort Carson for the meeting call 526-8001.

Hypertension class — Do you have high blood pressure? Do you want to lower your risk of heart disease? A hypertension class is presented every other Thursday from 10:30 a.m.-12:30 p.m. in the Mountain Post Wellness Center, bldg 1526.

To register or for more information call 526-7022. The class is presented by Disease Management and Nutrition Care.

Women's Equality Day workshop — Fort Carson hosts a Women's Equality Day workshop Aug. 14 from 8 a.m. to 4 p.m. at the Elkhorn Conference Center, bldg 7300. Cost is \$5 per person and includes lunch.

Please note the reduced rate. A choice of menu is being offered: vegetarian, roast beef or turkey. A free information fair will be held throughout the day.

Please R.S.V.P. by Monday by contacting Barbara Dowling or Patricia Rosas at 526-0864 or 526-5818.

Post Traumatic Stress help — "LZ Calvary" is a small group Bible study and support group for veterans experiencing the effects of post traumatic stress disorder. Join a group of veterans who are experienced in



Army Community Service
Family Readiness Center, Bldg 1526
TEL: (719) 526-4590

Exceptional Family Member Program: School Advocacy 101

HOW TO ADVOCATE FOR YOUR CHILD WITH SPECIAL EDUCATIONAL NEEDS

Tuesday, August 8
6:00P.M. to 8:30P.M.
Family Readiness Center, Bldg. 1526
Limited seating. Registration deadline is Friday, July 28.
For more information, call (719) 526-4590.

- How to navigate the special education process.
- Information on special education laws, rights and responsibilities.
- How to interpret Individualized Education Programs (IEP).
- Tactics and strategies for effective advocacy.
- Available community services/support.



combat-related problems and who have successfully dealt with the memories and effects of combat as we work through PTSD-related problems through the study of God's word, fellowship and group discussion. Meetings are held Mondays at 10 a.m. at Grace Brethren Church, 2975 Jet Wing Dr.

Call Robert P. Schaffer at 390-8096 or 510-6009 for more information.

Alcoholics Anonymous — Alcoholics Anonymous meetings are held at Veterans Chapel Wednesdays at 6 p.m. For more information call 322-9766.

West Nile Virus precautions — Post residents should eliminate mosquito breeding sites on post by removing standing water in ponds, gutters, flower pots, cans, tires and puddles, as well as garden equipment, toys and pool covers. Water in birdbaths and wading pools should be changed weekly.

Dead birds should be reported to Directorate of Environmental Compliance and Management at 526-5141 during duty hours or military police at 526-2333 during non-duty hours.

Plague watch — The Directorate of Environmental Compliance and Management issued a plague watch July 20 as a result of excessive prairie dog die-off in several colonies near Butts Army Airfield and to the west along Wilderness Road. Until further notice, residents are advised to stay clear of the areas around Butts Army Airfield and Wilderness Road.

Plague is a disease transmitted primarily through the bite of infected fleas. Prairie dogs, wood rats and other species of ground squirrels and chipmunks can carry infected fleas. The fleas also move easily from wild animals to domestic pets.

Report dead animal findings to DECAM Pest Control at 526-5141 or the Wildlife Office at 524-5393/5394.

No brass, no ammo ...

Amnesty program helps maximize turn ins

by Sgt. Clint Stein

Mountaineer staff

Every once in a while people forget some of the smallest details in life, like where they placed their car keys or if they turned off the coffee maker before leaving their house.

At Fort Carson, there are some people who may have forgotten a slightly larger detail, like turning in some ammunition they left in their pocket from a day at the range or an old explosive device they found while going for a walk.

To help those individuals who may have some ammo in their possession, there is a program in place at Fort Carson that allows Soldiers and civilians to turn in found ammunition and explosives without any questions or repercussions. The amnesty turn ins will not be used as a basis for investigations or prosecutions and turn ins

can be anonymous.

The Fort Carson amnesty program is intended to ensure the maximum recovery of abandoned military ammunition and explosives, said

Myles Dunlap, quality assurance specialist ammunition surveillance.

Dunlap said that sometimes a Soldier may forget he had ammo in his pocket and think it's a good idea to take some as a souvenir, but later realize that it wasn't such a good idea after all. "This is a chance for them to do the right thing and not get in trouble."

However, the

amnesty program is not designed to circumvent normal ammunition and explosive turn ins for Soldiers. He said Soldiers should still turn in their ammo at the ranges when they're done.

Dunlap said sometimes ammunition or explosive devices are turned in when they are found by new tenants of an apartment or house. He said Soldiers have moved out of the residence and have left behind a potentially dangerous item that the new tenants find. He said it's also not uncommon for people to find some devices from the World War II era.

For ammunitions that are smaller than .50 caliber, Dunlap said people can transport those to the ammunition site themselves. The bigger ammunitions or items that people are not familiar with should be left to trained

professionals, Dunlap said. "The best rule of thumb is

if you don't know what it is, stay away from it. Or, if you

didn't drop it, don't pick it up."

People can contact the Fort Carson 764th Explosive Ordnance Company at 526-2643 to come and remove larger ammunitions or unknown items.

By Forces Command Regulation 700-4, there is to be one week a year scheduled for amnesty turn ins. The amnesty turn in dates for this year will be from Aug. 21-25, but Dunlap said that people can turn in amnesty items throughout the year.

Abandoned ammunition may be turned in at the ammunition reclamation area located on Butts Road one mile south of Butts Army Airfield Monday through Friday between 8 a.m.-4 p.m. If it is after hours, Dunlap said people can turn in the amnesty items to the guards that are there 24 hours a day, seven days a week.

For more information on amnesty turn ins, contact the ammunition supply point at 526-4381 or call the quality assurance office at 526-1795/1892.

If military ammunition and explosives are found outside the boundaries of Fort Carson, people can notify the local civilian authorities or the Fort Carson military police at 526-2333.



'Rabbit fever' detected on Fort Carson

by Richard Bunn

*Directorate of Environmental Compliance
and Management*

Tularemia, commonly referred to as "rabbit fever," was detected in a rabbit that died near the Directorate of Plans, Training and Mobilization Training Range Division Office downrange on Fort Carson in early July. Initially, the suspected cause of death was plague, due to a recent die-off of prairie dogs in the same area; however, El Paso County Department of Health and Environment confirmed July 21 that the cause of death of the rabbit was tularemia, a usually nonfatal disease reported annually in Colorado.

Approximately 200 cases of tularemia are reported each year in the United States. Although the disease can be fatal, there have been no reported deaths from the Rocky Mountain region, where a milder form of the disease exists. Regionally, several cases have been reported this year in Colorado and the disease was recently detected in the Pueblo West rabbit population, just southeast of the Fort Carson border.

What Is Tularemia?

Tularemia is a potentially serious disease caused by a naturally occurring bacteria affecting both humans and animals. The symptoms of tularemia are similar to the plague, and the disease is primarily found in wild animals, particularly rabbits, squirrels and beavers. It is occasionally found in domestic animals including house cats and hamsters. The bacteria is carried by ticks, deerflies and other insects.

Disease symptoms

Symptoms include a sudden onset of fever, chills, headaches, sore throat, diarrhea, muscle aches, painful joints, dry cough and progressive weakness. Skin lesions, swollen glands and swollen and painful eyes are also often present. The symptoms of tularemia usually appear three-to-five days after exposure, but can take as long as 14-days to appear.

If potentially exposed to tularemia

A person should contact his physician immediately if he thinks he has been exposed to tularemia. The disease is treatable with the appropriate antibiotics.

Disease prevention

The Directorate of Environmental Compliance and Management pest control staff will post signs in the affected areas on Fort Carson. For safety reasons, people are highly encouraged to avoid known affected areas.

As a group, hunters, trappers and individuals whose interests or occupations primarily involve outdoor activities are particularly susceptible to exposure to this disease. The four primary sources of tularemia infection are (1) tick and deerfly bites, (2) handling infected animals, (3) inhalation and (4) ingesting contaminated water.

To prevent tick and deerfly bites: People can use and insect repellent containing DEET on their skin or an insecticide containing permethrin on their clothes when outdoors.

Do not enter known affected areas or prairie dog colonies, which support significant rabbit populations, without using an insecticide or

repellent. Do not encourage rodents such as squirrels around homes. Squirrels recently tested positive for tularemia in Boulder.

Don't allow pets (especially cats) to chase, stalk or come into contact with wildlife and use a pet-approved repellent to keep ticks and fleas off pets. Young rabbits are abundant on Fort Carson at this time of year, and cats are a common predator of young rabbits. A cat recently infected with tularemia in the Pueblo area had contact with a rabbit. Seek veterinary care if a pet suddenly develops fever, swollen lymph nodes or stops eating.

To prevent exposure through inhalation: People mowing roadsides or clearing brush should take precautions not to inhale dust generated by that activity. A person is most likely to inhale the bacteria if he mows over a rabbit nest in the grass.

To prevent exposure through contaminated water: Because beavers and muskrats are susceptible to tularemia, do not drink from streams and lakes or swim in ponds created by beavers. Never touch or handle a carcass with bare hands.

For more information or to report dead rabbits, squirrels or other wildlife, call the Fort Carson Wildlife Office at 524-5393/5394 or DECAM Pest Control Operations at 524-2124.

Contact the Fort Carson Veterinary Treatment Facility for tips on protecting pets from infection at 526-1222.

To learn more about tularemia, visit to the CDPHE website at: <http://www.cdphe.state.co.us/bt/public/tularemia.pdf>.

Go very gently today, always

Commentary by

Chap. (Col.) Daniel A. Miller

Command chaplain

After I hung up the phone I was left smarting a bit from the conversation. I had asked her (the person on the phone) what I thought was a simple information question. Her response to me was not rude, but it was curt. And her tone gave me a clear message that my need had low priority.

That 30-second encounter started me wondering about how I treat people. As I was wondering, something Jesus said came to mind: *"... for I was hungry and you gave me food; I was thirsty and you gave me drink; I was a stranger and you took me in; I was naked and you clothed me; I was sick and you visited me; I was in prison and you came to me."*

In answer to when this happened, Jesus said, *"inasmuch as you did it to one of the least of these my brethren, you did it to me."* (Matthew

25:31-40) God cares about how we treat others.

A French philosopher penned some words that bring out another reason for treating others with kindness. He wrote, "Go very gently today, for everyone you will meet is carrying an almost intolerable burden." True words. Think about them for a few moments.

In the course of your day you may be talking to someone who has lost a loved one and whose heart is full of tears. Or you may be talking with parents who are buckling under their

responsibility. Maybe their teenager is growing distant. Communication is gone.

Love is rejected. Values are cast off. Drugs, drunkenness, promiscuity, disrespect, apathy and ingratitude may be living in one

of their rooms. The nights are long. They weep. Go very gently today.

You may touch a Soldier today. He or she

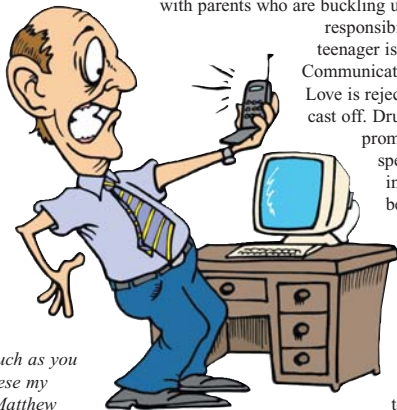
may be lonely, longing for care. Perhaps they are hurting, wounded from a broken relationship. They might be angry and not at peace with God. Go very gently.

Jesus walked among the people of his day, showing concern for their well-being. He taught them, touched them and met them at their point of need. He demonstrated a principle that the Apostle Paul later wrote: *"... be kind to one another ..."* (Ephesians 4:32).

The Lord expects us to be kind; in fact, in this scripture He commands it. Hearing this, do you feel you come up short? You are not alone. Many of us want to be kind, but we get weighed down with our pressures. And under that weight we find it hard to pause to be kind to someone. If we could only see that others are at least as weighed down as we are, and that our behavior toward them has eternal significance.

Seeing that won't necessarily change our behavior, however. We need God's help; He can supply motivation and energy where ours falters. Why not offer this simple prayer, "Lord, help me to be kind today. Amen."

Go very gently today, for you may touch, as Jesus said, one of the least of these. And their greatest need at the moment may be your act of kindness. God bless you.





A youth center Rams 5-6 year old player strikes the ball during league play recently.



Who said the kids didn't have fun? These 5-6 year old players appear to be having a great time.



Parents and friends form a chain to let the youth center volunteers run through, which is a game ending ritual in youth sports.

Story and photos by Walt Johnson Mountaineer staff

The Fort Carson youth baseball season ended Saturday for all age groups with the same excitement and enjoyment the team had when the season started in early June.

The difference between the start of the season and the end was evident in the play of the young athletes and the expressions on the coaches' faces as they saw the fruits of their labor come to fruition. Plays that weren't being made in the beginning of the season were now being made with ease and the skills the young athletes learned through weeks of training were beginning to make sense.

Bill Reed, head coach of the youth center Tar Heels, said the end of the season was bittersweet for him as he watched his young troops get better.

"The thing we coaches wanted to see from the kids was improvement from the time we got them to the time the season ended and that is what we saw. At this age, the score of the game is secondary to us. It goes to how the kids played the game from week to week and how they grew as players and people. I can speak for my team when I tell you I saw some good improvements from my players and that is a tribute to their hard work and the hard work of the coaches who worked with these athletes at practices and at the games. I'm just sorry the season ended and we won't have the chance to work with these young people again this year," Reed said.

Reed said at the beginning of the season he knew it would be a challenge to coach the team and get them to the point where they would understand the game more at the end of the season than they did when it began. He said working with the kids and seeing them develop is a rewarding experience for the coaches.

"When you watch these young athletes take the time to learn

the game like my kids did, you have to be proud of them for where they came from to where they are now. All we could do was teach them the right way to play the game it was the kids that had to want to

learn the game and get better as players. If you watched our players from the start of the season to the finish, you could see that they were more than willing to learn and they were just as willing to apply what they learned to the ball field during games. You could see it in the kids' eyes when they were soaking in what we were trying to teach them and as a coach, I couldn't be prouder of the way they took those lessons to the field," Reed said.

Reed said one of his goals at the beginning of the season was to help the children grow as players and as people. He said he saw signs that he succeeded in both areas. He said the maturity of his players on and off the field will go a long way toward helping them be successful in future years.

"We wanted to build on the things our kids knew, when they came to us in June and we feel we did that. After we knew we were building on what the kids knew, we gave them new challenges and new aspects of the game to think about and we feel we have laid a pretty good foundation for them to continue to grow as athletes in the years to come," Reed said.

Atiba McKell, youth center assistant sports director, said this was a good year for the program and a success for the youth center because of its goals at the start of every season.

"We want our coaches and players to have fun when they begin a season. At the end of the year, if the coaches had fun teaching the players and the kids had fun learning from the coaches, we consider the season a success and this year's season was a big success," McKell said.



A 10-12 year old youth center Tar Heels player is right on a pitch during league action recently at the post youth baseball complex adjacent to the youth center.



A youth center Tigers player looks a runner back to third base after picking up the ball during league action recently at the youth baseball complex south of the Mountain Post Sports Complex.

Layout by Jeanne Mazzerall



A 10-12 year old youth center Tar Heels player slides home with a run after his teammate blasted a hit to center field during league action recently.

Local schools begin fall semester

Compiled by Nel Lampe
Mountaineer staff

Mountain Post Team members will soon have another element added to their morning commute —schools will be in session.

On Fort Carson, students begin classes Thursday.

Other area public schools start classes between Aug. 14-21, except for Falcon School District 49, where secondary students are already in school. District 49's elementary students begin classes Monday.

Drivers should use caution around school bus stops and crosswalks. Colorado law requires motorists to stop for all buses that have red lights flashing.

Parents who are new to this area should contact the school district that serves their neighborhood.

The public school districts serving families in Colorado Springs, Fountain, Widefield and Security are listed below, along with Web sites and phone numbers.

District Eight serves students residing on Fort Carson and in Fountain. Three elementary schools are on post: Mountainside, Abrams and Patriot, as well as Carson Middle School. High school students are bused to Fountain-Fort Carson High School. District Eight classes begin Aug. 10. The office is at 425 W. Alabama Ave., phone 382-1300. The Web site is www.ffc8.org.

Students residing in Widefield and Security

attend District Three schools, which begin Aug. 21. The office is at 1820 Main St., and the phone number is 391-3000. The Web site is www.wsd.3.k12.co.us.

District 11, the largest school district in Colorado Springs, serves the majority of homes in the city. Schools begin Aug. 17. The office is at 1115 N. El Paso St., and the phone number is 520-2943. The Web site is www.d11.org.

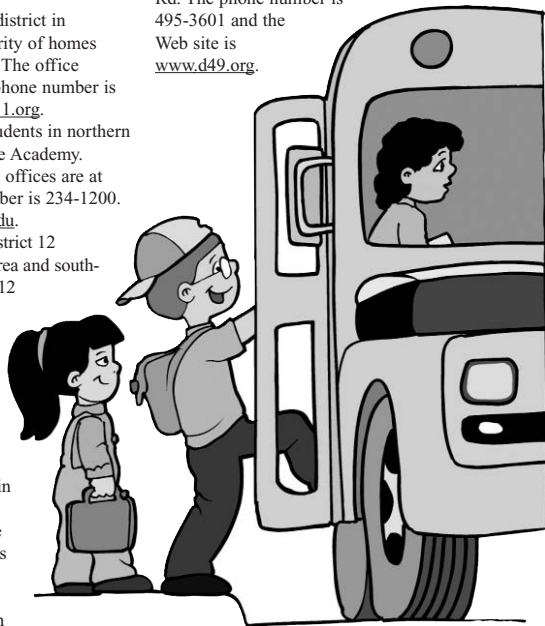
Academy District 20 serves students in northern Colorado Springs and the Air Force Academy. Classes begin Aug. 14. The district offices are at 7610 N. Union and the phone number is 234-1200. The Web address is www.d20.co.edu.

Cheyenne Mountain School District 12 serves students in the Broadmoor area and southwestern Colorado Springs. District 12 begins classes Aug. 21. The district offices are at 1118 W. Cheyenne Road. The phone number is 475-6100 and the Web site is www.cmsd.d12.co-us.

Harrison School District Two serves students in the area north of Fort Carson in the southern part of Colorado Springs. Students begin classes Aug. 21. The office is at 1060 Harrison Road and the phone number is 579-2000. The website is www.harrison.k12.com.

Falcon School District 49, which serves students in the Falcon

area and the eastern part of Colorado Springs east of Powers is already in session. The District 49 district offices are at 10850 E. Woodmen Rd. The phone number is 495-3601 and the Web site is www.d49.org.



Know TRICARE's rules for foreign care, claims

by Mark Jecker

TriWest Healthcare Alliance

Active duty military service members and their families and military retirees travel the world, so it's good to know how TRICARE works in foreign lands and away from U.S. overseas bases in case of illness or injury.

Here's a handy primer:

Be prepared

- Before leaving the United States or the assigned region, take time to review the following guidelines:

- Out-of-area emergency care — go immediately to the nearest emergency room or call a local emergency hotline number. No authorization is required. Prime enrollees should call (or have someone else contact) their primary care manager within 24 hours of an emergency admission to coordinate potential follow-up care and to update their medical history.

- Out-of-area urgent care — obtain prior approval before seeking urgent care. Contact the PCM or TriWest at (888) TRIWEST. If the patient is near a military treatment facility that has an urgent care clinic, he or she should try to obtain treatment there.

- Routine care — routine care is not covered for Prime beneficiaries outside the

Prime service area. Schedule routine care appointments before leaving.

- Prescriptions — be sure to fill any needed prescriptions before leaving.

Know the rules

To help avoid claims problems, beneficiaries seeking emergency or urgent care abroad should do the following:

- Pay the provider and receive reimbursement.

It is likely that the beneficiary will be required to pay out of pocket at the time the care is received from a foreign provider. In this case, he or she will need to submit a claim to receive any reimbursement. Because beneficiaries will be submitting their own claims, if they do not have to pay the provider at the time of service, they are responsible for paying the provider when they are reimbursed.

- Request an itemized bill for care received.

If the bill is calculated using foreign currency, TriWest's claims processor will convert the bill to U.S. dollars.

- Submit the itemized bill and a claim for care. The bill and a signed, completed Department of Defense Claim Form 2642 (available at the local TRICARE Service Center or at www.triwest.com) must be submitted to:

West Region Claims
P.O. Box 77028
Madison, WI 53707-7028

- Retain copies of the bill and claim form for his/her files.

- Prime enrollees need to call their PCM after seeking treatment to make sure their health records are updated.

- Wait patiently. Foreign claims are more complex than U. S. claims and could take more than one month to be paid.

- Keep TriWest's toll-free telephone number handy. Questions about a specific claim should be directed to TriWest at (888) TRIWEST.



Army issues scrapbook challenge to installation arts, crafts directors

by **Tim Hippi**

Army News Service

ALEXANDRIA, Va. — Army Morale, Welfare and Recreation arts and crafts directors have until Aug. 31 to try earning \$500 for their installation programs in a contest called "Our Successful Moments' Scrapbook Challenge."

To win, managers must submit a four- to six-page scrapbook illustrating a new program that has been implemented and deemed acceptable by CFSC officials during the past six months. The scrapbook must be submitted through the Army Program Tool, a Web-based system that enables MWR leaders to share programs with peers around the world.

Five-hundred dollars will be awarded to installations with the first-place scrapbook in each of seven regions: Europe, Korea, Northeast, Northwest, Pacific, Southeast and Southwest.

Officials at MWR headquarters expect the scrapbook challenge to encourage arts and crafts leaders to get creative and think

out of the box, said Jean Neal, program analyst for automotive, arts and crafts at CFSC.

Any size album is acceptable and clear page protectors are optional. The format must be scrapbook style.

Entries will be judged on such design elements as color and balance; use of title/journaling; originality and innovation; and program success and originality.

Seeds for the scrapbook challenge were planted at the Craft and Hobby Association's annual trade show Jan. 28 through Feb. 2 in Las Vegas, where 56 Army arts and crafts directors had an opportunity to visit booths of more than 3,000 vendors.

"I would say a third of it was scrapbooking," Neal said. "It's a big industry."

Neal said the five-day show offered more than 260 hours of educational sessions and 140 hands-on technique classes.

More than 200 MWR employees from 113 installations have received training for the Army Program Tool. For more details, e-mail your request to recprograms@cfsc.army.mil.

AAFES delivers yearlong back-to-school savings

*Army and Air Force
Exchange Service*

DALLAS — Parents of school-age children are expected to shell out an average of \$527 this summer on back-to-school items, up from last year's average of \$444, according to a recent National Retail Federation study.

Parents in the handful of states that offer select "tax holidays" are often forced to fight crowds of last-minute shoppers or resort to driving all over town to find the best deals on clothes, office supplies, shoes and sporting goods.

Military families are entitled to tax-free shopping every day of the year at their base exchange or post exchange. In addition to forgoing sales tax, authorized Army and Air Force Exchange Service customers enjoy competitively low prices that average more than 20 percent less than comparable retailers.

"All of the tools we employ to position the BX/PX as a price leader are designed to reinforce that AAFES saves military families money every day," said AAFES Senior

Enlisted Advisor Chief Master Sgt. Bryan Eaton.

"The tax relief the military community enjoys 365 days a year is an inherent part of the exchange benefit troops have come to depend on."

Should AAFES not offer the lowest price on an item, the BX/PX will match competitors' current, local price on any identical stock assortment. In addition to this same-day pledge, AAFES also offers a 30-day price guarantee on any item originally purchased from AAFES and subsequently sold at a lower price by AAFES or another local competitor, excluding unauthorized dealers and warehouse clubs.

"While most PX/BXs can't accommodate the millions of school supplies on the market, the Exchange Online Store and Exchange Online Mall help ensure AAFES always has the right products at the right prices," said Eaton.

Beyond 148 "brick and mortar" exchanges scattered throughout the globe, AAFES' 11.5 million authorized customers can choose items through the Exchange Online Store at www.aafes.com.




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in the park

every thursday, july 6 - august 10
iron horse park

world's most dangerous band - August 3
blue steel - August 10

All performances are **FREE** and begin at 6:00 pm

for more information **526-4494**



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This is a **FREE** show!
OPEN TO DoD ID Cardholders Only

www.ltdanband.com

Date: Saturday 12 August 2006
Call 526-4494 for info

Time: 7 p.m.

Place: Fort Carson Special Events Center
BLDG. 1829 - Specker & Prussman

USO Sponsors: at&t, Coca-Cola, MILITARY, TruWest, CLEAR CHANNEL, S&P, S&P

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Every Thursday from July 6 to August 10 at Iron Horse Park.

Admission is **FREE** and the show starts right after the Concert.
Make it a movie night each week with the family.

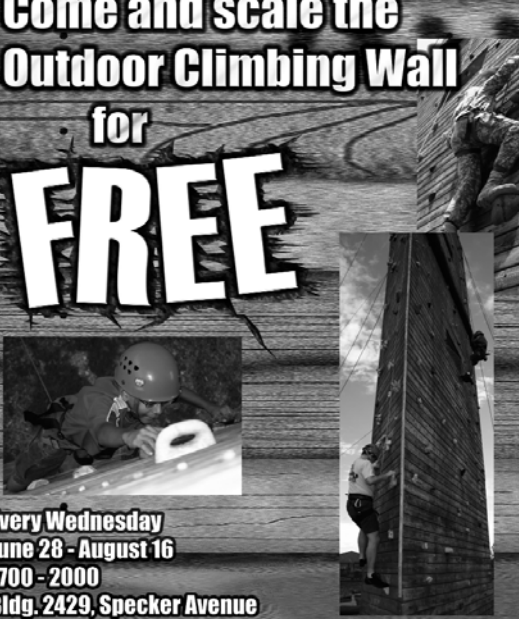
For more information call **526-4494**

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It's a long way to the top...

Come and scale the
Outdoor Climbing Wall
for
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Every Wednesday
June 28 - August 16
1700 - 2000
Bldg. 2429, Specker Avenue
All children must be
accompanied by an adult
POC: 526-5176



Adventure Programs & Education

Lakeside AMUSEMENT PARK

This old-fashioned amusement park
has been in operation since 1908

Happoemins

Story and photos

by Nel Lampe

Mountaineer staff

Lakeside isn't a state-of-the-art amusement park with the latest European-built roller coaster, cartoon characters and comic-book action heroes. It's an old-fashioned amusement park that brings back childhood memories for people of several generations.

It's a timeless kind of amusement park, the kind that's in scary movies or romantic comedies.

Lakeside Amusement Park has been operating since 1908 and the rides never change. Classic roller coasters are in the park, such as the wild chipmunk and the wooden cyclone coaster. There's the tilt-a-whirl, the dragon and the Matterhorn.

It is one of the oldest amusement parks in the nation and has been featured on the PBS program "Great Old Amusement Parks."

Lakeside is a piece of the past, a time when amusement parks were park-like, with lots of flowers, gardens and large trees, many times set beside the ocean or a large lake.

In its early days, the amusement park was known as "White City" and was said to look a lot like Coney Island. Historic pictures reveal that large crowds were dressed in their finest clothing and hats. Sometimes people were dancing to the music of Perry Como or Tommy Dorsey in the popular ballroom.

Lakeside Amusement Park is beside Lake Rhoda, and the lake is part of the park. The park's huge tower can be seen from miles around in the daytime and is brightly lit at night. The park is done in art-deco and neon lights. It feels as if you might have time warped to the 1930s or 1940s.

Although some parts of the park look a little time worn, there are still green lawns and pots of flowers around. Park benches dot the area.

Lots of family groups, maybe three generations, stand in line or stroll through the park. Couples holding hands walk from ride-to-ride.

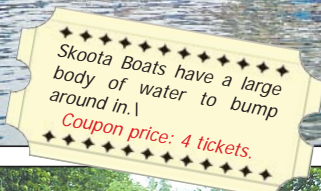
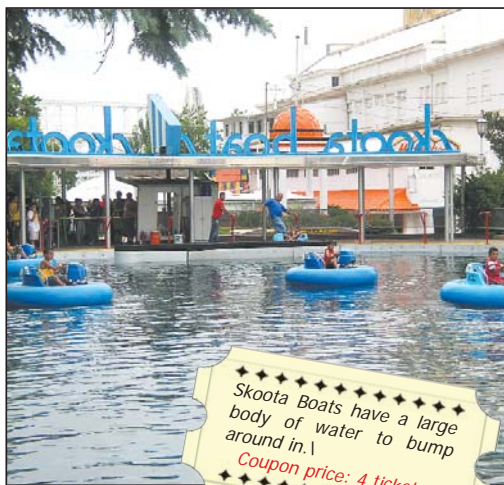
Lines for the roller coaster or the dragon may be 12 or 15 people long. Other rides have shorter lines.

There's fun to be had at Lakeside and it's affordable.

Attendants stop cars at the entrance and ask for a \$2 entry fee per person, then allow drivers to enter a dusty parking lot and find their own empty spot. Patrons can bring in food; the park provides a covered picnic area.

Once in the park, make a decision about the money you'll spend and whether the best buy is by the ticket

See **Lakeside** on Page 30



Places to see in the
Pikes Peak area.

Aug. 4, 2006

Lakeside

From Page 29

an all-you-can-ride wristband; or perhaps a combination. Buy tickets at the ticket stands for 50 cents each. The unlimited ride wristband will set you back \$12.75 on week nights or \$17.75 on Fridays, Saturdays, Sundays and holidays. Without the wristband, it'll take two tickets to ride the flying Dutchman, the whip, the dragon or the Ferris wheel. The satellite, rock-o-plane, spider and tilt-a-whirl take two tickets each. But, it's four coupons for the skoota boats and the roller coaster.

The merry-go-round is an antique, hand-carved Parker Carousel Menagerie. It's a large one, with four rows of assorted animals. It's provided almost 100 years of magic rides, and it shows its age. But get a magic ride for only one ticket.

Two miniature steam engines take riders on a trip around the lake. The steam engines came from the 1904 St. Louis' World Fair. They were purchased and brought to Lakeside for the opening of the amusement park. It takes three coupons for each rider. A ride on the train around the lake after dark is especially memorable.

The auto skooters, loop-o-plane and wild chipmunk can be ridden by surrendering three coupons for each ride.

Kiddies' Playland is a special place for the younger set. Fifteen rides are designed just for children under age 7 and under 100 pounds. The kiddie rides include a coaster, Ferris wheel, frog hopper, horse and buggy, dry boats and motorcycles. Playland also has a granny bug ride, space ride, kiddie canoes, sky fighters, midjet racers, kiddie whip, wet boats, turtles, coaster and flying tigers.

Lakeside is open only in warm months — usually opening in mid-May and closing after Labor Day. Late in the season Lakeside may be open only on weekends. Check the calendar at Lakesideamusementpark.com. When Lakeside opens for daily operation, Kiddies Playland opens Monday through Friday from 1 p.m. to

10 p.m. and Saturdays and Sundays at noon. Kiddies' Playland is popular with young families and day-care groups. Rides for Playland are one coupon each — the equivalent of 50 cents a ride. The big rides open at 6 p.m. weekdays. Saturday and Sunday, the entire park opens at noon and remains open until 11 p.m.

Once parents get the youngsters off Playland rides and into the main park, they will find rides they also enjoy. There are some height restrictions on the bigger rides, such as the chipmunk, auto skooters and skoota boats.

Food is available at stands in the park, such as pizza slices, hamburgers, pretzels and Mexican food. Water fountains are throughout the park.

Lakeside Amusement Park is near the junction of Interstate 70 West and North Sheridan Boulevard. The web site is www.lakesideamusementpark.com.

From Colorado Springs, take Interstate 25 north to I-70 then go west. Exit at southbound Sheridan Boulevard. The park is at 4601 N. Sheridan Blvd. There's a free parking lot as well as street-side parking.

Lakeside is about 80 miles from Fort Carson. Watch for the golden tower with the red roof.

The hurricane is a classic flying ride at Lakeside.

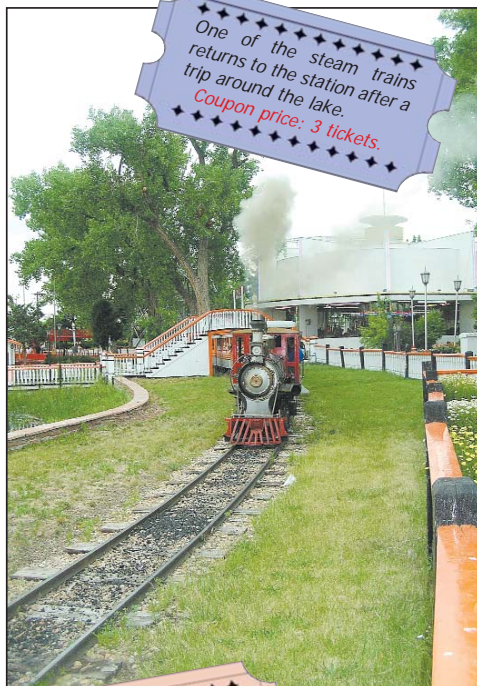
Coupon price: 2 tickets.



The antique merry-go-round is original to Lakeside Amusement Park.
Coupon price: 1 ticket.



One of the steam trains returns to the station after a trip around the lake.
Coupon price: 3 tickets.



The Cyclone is a wooden coaster designed for Lakeside. It opened in 1940.
Coupon price: 4 tickets.



Just the Facts

- **Travel time:** just over an hour
- **For ages:** all
- **Type:** Old-time amusement park
- **Fun factor:** ★★★★★1/2 (Out of 5 stars)
- **Wallet damage:** \$ entry

\$ = Less than \$20

\$\$ = \$21 to \$40

\$\$\$ = \$41 to \$60

\$\$\$\$ = \$61 to \$80

(Based on a family of four)

Get Out!

Lt. Dan Band

Gary Sinise, of the television series "CSI: New York," and the "Lt. Dan Band" will perform a free show Aug. 12 at 7 p.m. in the Special Events Center; call 526-4494 for information.

Free concerts

Every Wednesday there's a free concert at 6 p.m. in America the Beautiful Park. The park is near Interstate 25 and Bijou Street.

Free Friday concerts are 5-7 p.m. at the park in front of Cinemark Theatre at First and Main Town Center, near Powers Boulevard and North Carefree.

There's a free concert in Ironhorse Park at 6 p.m. every Thursday until Aug. 10.

Free art performances

The Pueblo Performing Arts Guild presents a street gala, "Taking it to the Street" Aug. 12, 4-9 p.m. on Main Street, between 4th and 6th streets. Performers will be on three outdoor stages and vendors will be on hand. For information go online to www.PuebloPAG.org.

Academy concerts

The Academy concerts season includes the 5 Browns Sept. 22; "I Can't Stop Loving You,"

Oct. 13; The Lettermen's Christmas Show Dec. 1; Bill Engvall Feb. 10, "Wonderful Town" March 3 and Chip Davis and Mannheim Steamroller May 4. Contact the Academy box office at 333-4497 for information. Shows are in Arnold Hall Theater.

Colorado State Fair

The Colorado State Fair at the State Fairgrounds in Pueblo runs Aug. 25 through Sep. 4. Fair concerts include Rick Springfield, Seether and Trap, Howie Mandel, Blake Shelton, Carrie Underwood, Neil Sedaka, Big and Rich with Cowboy Troy, Los Lonely Boys, Freddy Fender and REO Speedwagon. Tickets range from \$12 to \$30; call 520-9090 or go online at www.Coloradostatefair.com.

Rockies appreciate military

Coors Field has military appreciation days as Colorado Rockies games with the Milwaukee Brewers and the New York Mets in August, and the Washington Nationals in September. Call (303) ROCKIES to purchase \$6 tickets, identify yourself as an active military member or veteran and provide the reference number: 741532. There's a \$2.50 service charge and a credit card must be used. This offer is not available at Coors Field ticket windows. See the post Web site, www.carson.army.mil for more information.

Sky Sox hosts military Sundays

Sky Sox Baseball Club honors troops with military Sundays. All military and

Department of Defense families get 50 percent off Sunday home game tickets at the box office. Games include Sunday vs. Albuquerque Isotopes; Aug. 13 vs. Salt Lake Stingers and Sept. 3 vs. Sacramento River Cats. Go to www.skysox.com for information. The stadium is near Powers Boulevard and Barnes Road.

Castle Pines golf tournament

The International PGA Golf tournament is near Denver Thursday through Aug. 13. Free tickets are available at Fort Carson's Cheyenne Shadows Golf Course. For more information contact Frank Jacobson at 526-4102. Castle Pines is reached from exit 184 off Interstate 25 north. For more information go to www.golfintl.com.

Salute to veterans, bike rally

The annual Salute to American Veterans and motorcycle rally is in Cripple Creek Aug. 19. The annual POW/MIA motorcycle ride is at 11 a.m. Activities include flyovers, a POW/MIA ceremony and tattoo contest. Information at www.pro-promotions.com.

Pueblo Air Show

"In Their Honor" Air Show is at Pueblo Memorial Airport Aug. 12-13, from 9 a.m.-4 p.m. Bring lawn chairs; food vendors will be on site. Tickets are \$10 for adults, \$5 for ages 6-11 and \$8 for military. Parking is \$3. The web site is www.Puebloairshow.com.



Photo by Nel Lampe

Military Renaissance Festival

The Colorado Renaissance Festival, extended an extra weekend, observes Military Appreciation Weekend Saturday and Sunday. The festival has a "buy one, get one free" offer for military members. Show military identification and buy one ticket and get another free; children under 12 admitted free. Hours are 10 a.m.-6:30 p.m. The fest is off exit 172 of Interstate 25 north.

Buster's Baghdad

by Maj. James D. Crabtree



SPORTS & LEISURE

State Games coming to Mountain Post



Mike Moran, at the podium, Colorado State Games director of communications, addresses the media during a news conference Friday at the World Arena in Colorado Springs.

**Story and photo by
Walt Johnson**

Mountaineer staff

The opening ceremonies for the Rocky Mountain State Games will take place today at the World Arena in Colorado Springs beginning at 7 p.m.

The Rocky Mountain State Games will be played today through Sunday at the Mountain Post and in the Colorado Springs and Denver areas.

More than 6,000 athletes are expected to converge on the Denver and Colorado Springs areas to play more than 29 events as this year's Rocky Mountain State Games get under way. This year's event is a pre cursor to the national state games that will be held in Colorado next year.

The opening ceremonies are the official kickoff for the event and, according to State Games officials, will have something for everyone. Nationally-known Denver comedian Lori Callahan has been added to the events, and will perform her unique brand of humor for the State Games crowd. She has won an Emmy for ESPN's "Lighter Side of Sports," and has

been seen on Showtime and Comedy Central, State Games officials said. In addition to the appearance by Lori Callahan, the colorful kickoff to the State Games will feature the traditional parade of athletes, appearances by Olympic and Paralympic athletes, a stunning laser show, a return engagement of the world's number one visual variety performer, "Christopher," and the traditional State Games relay and torch lighting, the officials added.

Two-time U.S. Paralympian, John Register, manager of the United States Olympic Committee's Paralympic Military Program and Paralympic Academy, has been selected as the celebrity athlete who will light the flame on the arena floor to officially open the games, State Games officials said.

Some of the Rocky Mountain State Games events will take place at Fort Carson. The events scheduled to be held at the Mountain Post facilities are: bowling, flag football, golf, power lifting and wrestling. Events scheduled to be held at the Air Force Academy are: Archery, Judo, flag football (seven-on-seven), soccer, tennis and track and field.

Mountaineer Beat the Heat



Pool time

A member of the Mountain Post community enjoys the outdoor swimming pool with three of his daughters and a family friend recently. The post outdoor swimming pool is open from 10 a.m. to 5:45 p.m. seven days a week.

Photo by Walt Johnson

On the Bench

Youth hoops team sweeps to tournament title

by **Walt Johnson**
Mountaineer staff

If the past basketball season at Carson Middle School and Fountain Middle School in is any indication, the next four years of basketball at Fountain-Fort Carson High School should be very exciting.

In the present, the young athletes from those middle schools, who will be at the high school this fall, have been perfecting their game and getting to know each other as teammates over the summer while playing for String Music Boys Basketball team under the direction of coaches LeVantz Lewis and Carolee Langer.

The team won its first tournament championship July 14-16 when it won the Pueblo Mid-America Youth Basketball Classic. According to Langer, the competition was fierce and teams traveled from the Denver Metro area and Western Kansas to compete. This is only the second year that Strings Music has had a boys program, according to

Langer who said the program was started to give the girls program a chance to play in the summer.

String Music is a club basketball program based in Fountain and was started in 2003 by Fountain Middle School coach Paul Mileto and his wife Sherri. The program began with only girls teams until the spring of 2005 when a boys team joined the program. String Music Basketball now has approximately 65 players in the program and fields four girls teams (sixth, seventh, eighth and ninth grades) and two boy's teams (seventh and eighth grades). Our eighth grade boys team consists of players from both Fountain and Carson Middle Schools and compete in local leagues such as Southern Colorado Basketball, summer MAYB tournaments and Gold Crown leagues in Denver.

The team will be in action Saturday when it participates in the Rocky Mountain State Games in basketball action at Pine Creek High School and Rampart High Schools.



Courtesy Photo

United effort

Members of the String Music team pose with the team trophy. From left, front row: Mitchell Lewis, Chris Davis, Xavier Romero, Troy Dorsey, Travis Edwards, back row: Coach LeVantz Lewis, Daniel Winterstein, Malcolm Thomas, Matt Langer, Martin Thomas, Jamarius Mathis and Coach Carolee Langer.



Photo by Walt Johnson

Tennis anyone?

Edith Neumaier, serving, and Anita Henderson get in some tennis with friends Jackie and Steve Long at the Mountain Post tennis courts. The Directorate of Morale, Welfare and Recreation holds tennis matches every third Saturday of the month at the Mountain Post tennis courts.

Bench

From Page 34

The Colorado Springs Flames, a semi-pro football team that features military members of the Colorado Springs community, won the 2006 Rocky Mountain Division Championship as the Flames beat the Nebraska Pounders 46-0 Saturday.

The victory earned the Flames a first round bye in the upcoming Colorado Football Conference playoffs which will begin Saturday in Denver. The Flames will meet the winner of the Wyoming Wranglers-Nebraska Pounders game in its first playoff game Aug. 12 at 7 p.m. at Fountain-Fort Carson High School's football field. Should the Flames be victorious in that game, they will then play for the conference championship Aug. 19 at a time and place to be determined.

The post women's basketball team has begun practice and is looking for players for the upcoming season. Any active duty women interested in playing for the post team should come to practice sessions each Monday and Tuesday at 6 p.m. at the Special Events Center. Coach Stephanie Timmons said this will be one of the most exciting years for the post team with a lot of high level games against some of the region's best teams. For more information on the varsity women's program call Bill Reed at 524-1163.

The post youth center is currently accepting registrations for the upcoming football season on post.

In addition to football sign-ups, the youth center is also signing up people interested in cheerleading for the upcoming football season.



Photo by Walt Johnson

Coach of the Week

Jacki Mills, center, Youth Center Yellow Jackets 3-4 year coach, talks to her team after its season ended Saturday at the youth baseball fields.

Bench

From Page 35

Registration is being accepted until Aug. 11. For more information contact the youth sports office at 526-1233.

The post running team is looking for runners to help form this year's squad.

The team trains year-round in order to compete in local and national races. Any runner interested in being a part of the team should show up at the center at 6 a.m. on Tuesday, Wednesday and Thursday at the Special Events Center.

The team is looking for runners in the open men's, open women's, masters and open mixed team categories. For more information on the post running team contact Martin Wennblom at 330-0554 or Bill Reed at 524-1163.

The second annual "AnySoldier.com" Golf Tournament will be held Aug. 25 at the post's Cheyenne Shadows Golf Course.

The AnySoldier tournament is a charity event that is designed to raise funds to put together care packages for the service men and women in Afghanistan and Iraq. The cost for the tournament is \$55 per golfer which includes green fees, cart with GPS, range balls, a barbecue lunch and door prizes. Prizes include a Hyundai Sonata for any golfer that gets a hole-in-one, two round-trip airfares on Allegiant Air and Frontier Airlines.

For more information contact Linda Marsh at 590-7984 or john.marsh.ctr@peterson.af.mil for more information.

Mountaineer Sports Standings

American League

Team Name	W	L
A Co, 2/2 STB	13	1
HHC, 7th ID	10	2
Maint Co/RSSS	10	3
3rd ACR, ABA	9	3
MEDDAC	6	4
59th QM	5	5
68th CSB	4	5
230th Finance	2	10
A Co, 1/9	4	9
D Co, 2 BSB	1	1
D Co, 1/3	0	6
43rd ASG	0	0



Photo by Walt Johnson

Softball action will not take place at the Mountain Post Sports Complex until Aug. 14.

National League

Team Name	W	L
HHC, 1/12 Inf	8	1
1st MOB	9	4
43rd CEC	5	5
S & T Troop	5	8
71st OD GP	4	4
O Troop, 4/3	4	8
13th ASOS	3	6
HHC, 43rd ASG	3	8
HHC USAG	3	8
3/61 Cav	4	5
89th Chem	4	5
7th ID, IRT Co	4	9

Mountaineer Athlete of the Week



Henry Floyd

Army job: Noncommissioned officer in charge,
Garrison Operations

Sports Position: Youth center 3-4 year old
baseball coach

Why do you coach youth and adult teams?

"I love watching youths learning, developing and enjoying themselves when they play sports. Youth sports played an important role in my life and brought me to the place I am now. I can give back to the youths by coaching and that gives me some pleasure. As for the adult teams, to be able to bring people from different backgrounds and get them to play together is very rewarding."

What is your best moment in sports and why?

"My favorite sports moment was this past basketball season when a bunch of guys with an average age of 35 years old was able to compete (and win the post unit level championship) with the younger guys on post with all the talent we have in the younger players here. Winning the post unit-level championship will always be one of my rewarding moments in sports."